



Long Term Care (LTC) Home and Community Based (HCBS) Services Waiver *Participant-Directed Care Option*



WHAT WAIVER SERVICES CAN I RECEIVE IF I CHOOSE THE PARTICIPANT-DIRECTED CARE OPTION?

A participant in the Long Term Care Waiver - Participant-Directed Care option may receive a variety of services. You and your care coordinator will determine what services you will receive and you will then be able to choose the providers you want to provide the services.

The following are services available under the Long Term Care Waiver - Participant-Directed Care option:

- Care Coordination
- Self Help Assistant Services (SHA's)
- Fiscal Management Services
- Skilled Nursing
- Home Delivered Meals
- Personal Emergency Response System (PERS) Installation
- PERS Monthly Monitoring
- Non-Medical Transportation
- Adult Day Care

Not all participants receive all services. Services are determined based on availability in the participant's geographic area. Participants only receive services that the management team determines are necessary. The management team includes the Care Coordinator, the participant, and any other essential individuals.

HOW DO I APPLY?

- Contact the Division of Healthcare Financing Home Care Services Unit toll free at 1-855-203-2823

All of the following criteria must be met in order to be LTC Waiver eligible:

- Require nursing home level of care determined by an LT-101 assessment completed by a public health nurse, and;
- Meet Medicaid financial requirements determined by the Medicaid Long Term Care Financial Eligibility Unit

WHAT ARE THE ELIGIBILITY REQUIREMENTS FOR A PARTICIPANT TO DIRECT THEIR OWN CARE?

- Must be able to recruit, hire, train, schedule, supervise in daily duties, and if necessary fire a Self-Help Assistant
- Must be able to monitor, review and approve timesheets
- Must be able to create a job description and maintain employee files
- Must be able to identify needs and schedule care accordingly

WHAT IS THE COST OF CARE?

A participant is not responsible to contribute towards the cost of approved services provided under the Long Term Care Home and Community Based Waiver Participant-Directed Option.

CAN I SWITCH BETWEEN THE PARTICIPANT-DIRECTED CARE OPTION AND THE AGENCY OPTION AT ANY TIME?

Yes, if a participant chooses not to self-direct they may change to the Agency Option.

WHAT ARE THE BENEFITS OF BEING A PARTICIPANT IN PARTICIPANT-DIRECTED CARE?

- Choice of self-help assistant
- Freedom of setting schedule of care
- May be able to receive seven (7) days a week of care depending on need
- Freedom to train SHAs how the participant would like their personal care services delivered

WHO CAN I HIRE TO PROVIDE MY CARE*?

- Each participant will select their own self-help assistant(s).
- Family members (including children over the age of 18) may be employed as a self-help assistant under this option, with the following exceptions:
 - Spouses
 - Legal Guardians
 - Power of Attorney (POA)
 - Medical Power of Attorney
 - Advance Health Care Directive designees
- Neighbors, friends, church members
- Individuals hired through advertisements, job centers or employment postings

**All Providers must clear a background and central registry check to provide care*

WHAT KIND OF CERTIFICATION WILL MY SELF HELP ASSISTANT BE REQUIRED TO HAVE?

No certification is necessary for a self-help assistant to be employed by a participant in Participant-Directed Care.